

Notes :

1 Stretching Extension

Stand or sit tall.
Place both hands over the sternum and pull gently down.
Move your neck back to look towards ceiling until a stretch is felt in front of neck.
Maintain the stretch and relax.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

2 Stretching Flexion

Sit tall and clasp your hands behind your head.
With your hands, move your head down to bring your head towards your chest until you feel a stretch behind your neck and upper back.
Maintain the stretch and relax.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

3 Cervical rotation stretch

Sit tall with good posture and neutral spine (shoulders back, chest lifted, no forward head posture).
Tuck your chin and rotate the head and as the pain subsides, apply overpressure with your hand.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

4 Stretching Side bending

Lift one arm and bring it up and across your head.
Sit straight and place the palm of your hand on your head.
Use your hand to pull your head gently down towards your shoulder until a stretch is felt on the side of the neck.
Maintain the position and relax
NOTE: Do not turn your head or tilt it forward or backwards while you perform this stretch.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

5 stretching

- Stand or sit tall
- Shoulders relaxed or slightly depressed
- Tilt head to the side
- Nod head slightly forward
- Stretch should be felt along side and back of neck
- Hand may be used to apply extra pressure as desired
- Gently relax
- You could sit on a towel to stabilize the scapula on the side of the stretch

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

6 rotation

- Sit up straight and look directly ahead of you
 - Put your arm behind your back and reach up as far as you can towards your neck with your fingers
 - Return your arm to its original position
- NOTE: Do not arch your back, move your arm along your back

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

7 Rotation

- Stand up straight and look directly ahead of you.
Place one hand up over your shoulder and the other behind your back.
Reach your hands towards each other until they touch or overlap. Relax.

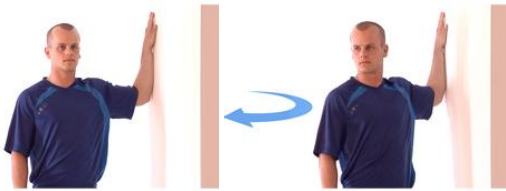
Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

8 Stretching Triceps

- Stand with your chin tucked-in and raise your arm to complete elevation and place your hand behind your head by bending the elbow.
Place other hand on the elbow of the affected arm.
Pull towards unaffected side until stretch is felt in the triceps
Maintain the position keeping your chin tucked-in and relax.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

9 Passive ROM External rot.



Stand beside a wall. Raise your arm to 90° degrees and put your arm on the wall with elbow bent.
Stretch the front of your shoulder by moving forward and turning your body the opposite way.
Maintain the stretch and relax.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

10 Wrist extensors stretching



Extend one arm out in front with the elbow straight.
Use the other hand to grasp it at the side of the thumb and bend the wrist downward.
Turn wrist towards the small finger to increase the stretch.

Sets: 1 Reps: 3-5 Freq: 1x/day Hold: 30

11 Stretching wrist flexors



Hold the palm of one hand with the other hand while keeping your elbow straight on the affected arm and pull your hand back gently to feel a stretch in the forearm.

Sets: 1 Reps: 3-5 Freq: 1x/day Hold: 30

12 Flexion



Wrap your hands around your knees and pull them towards your chest.
Raise your head and shoulders off the floor and bring them towards your knees.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

13 Passive ROM Extension



Lie on your stomach with hands under your shoulders.
Push up with your arms and lift gradually your head then your upper back all the way to your lower back keeping the glutes relaxed and your pelvis against the ground.
Push up until you feel a small discomfort in the lower back, lower yourself and repeat.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

14 Stretching ITB / Piriformis



Sit with straight back and cross one leg over the other.
Hold your knee with the opposite arm and pull your knee across your chest towards the opposite shoulder until you feel a stretch on the outside leg and/or buttock.
Maintain the position and relax.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

15 Stretching Glutes



Lie on your back with your knees bent, place one foot (affected side) over the opposite knee.
Grab behind the leg that is on the ground with your hands and pull it toward you until you feel a gentle stretch.
Maintain the position and relax.
NOTE: Push on your knee to increase the stretch.
ALTERNATIVE: Lie in front of a wall and use the wall to push your foot if you have trouble reaching the back of your leg.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

16 Stretching Quad



Lie on your side and grab the top ankle with one hand to pull your foot towards your buttocks until you feel a gentle stretch on front of the elevated leg.
Hold the stretch keeping lower back neutral and return to initial position.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

17 Yoga: Head-to-Knee forward bend



Start seated with one leg extended in front with the other foot resting on your inner upper thigh.
You can also sit with your hips on a bloc or folded blanket for this pose.
Reach for your foot with both hands and hold the position.
Your body should be aligned nicely with the leg straight forward and the hips and shoulders squared.
Breathe normally when in position.
Repeat on the other side.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

18 Active hamstring stretch



On your back, put your hands behind the knee then slowly straighten the knee until a comfortable stretch is felt in the back of the thigh.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

19 Stretching Soleus

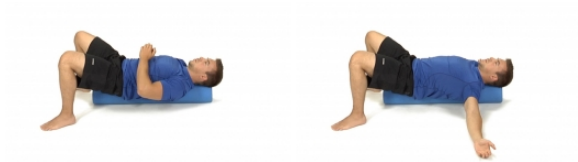
Stand and place both hands on a wall, with your feet about half a meter from the wall.
Place one leg behind the other and slowly bend the knees while keeping heels on the floor until you feel a stretch in the calf of the back leg.
Maintain the stretch and relax.

Hold: 30

20 Stretching Calf

Stand and place both hands on a wall, with your feet about half a meter from the wall.
Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf.
Maintain the stretch and relax.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

21 Posture stretch

Lay on a foam roller with your knees bent and feet flat on the ground. Your palms are facing up and your arms are abducted about 45° with your body.
As your flexibility progress, abduct your arms up to 90°.
Hold the position for the prescribed duration.

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

Notes :



1 **Stretching Extension**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

XGEN2059



2 **Stretching Flexion**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

XGEN535



3 **Cervical rotation stretch**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

GEN91939



4 **Stretching Side bending**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

XGEN33



5 **stretching**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

XGEN2058



6 **rotation**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

XGEN80



7 **Rotation**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

XGEN130



8 **Stretching Triceps**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

XGEN469



9 **Passive ROM External rot.**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

GEN16221



10 **Wrist extensors stretching**

Sets: 1 Reps: 3-5 Freq: 1x/day Hold: 30

XGEN1556



11 **Stretching wrist flexors**

Sets: 1 Reps: 3-5 Freq: 1x/day Hold: 30

XGEN1558



12 **Flexion**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

XGEN454

**13 Passive ROM Extension**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

XGEN2151

**14 Stretching ITB / Piriformis**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

XGEN1590

**15 Stretching Glutes**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

XGEN2156

**16 Stretching Quad**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

GEN12720

**17 Yoga: Head-to-Knee forward bend**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

GEN106812

**18 Active hamstring stretch**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

GEN94176

**19 Stretching Soleus**

Hold: 30

XGEN1660

**20 Stretching Calf**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

XGEN1659

**21 Posture stretch**

Sets: 1 Reps: 3 - 5 Freq: 1 x day Hold: 30

GEN43772